

PRIME TIME NEWS

MOUNTAIN VIEW SENIOR CENTER

JULY 2011

WHAT'S INSIDE

Workshops	Page 1
Monthly Movies	Page 2
Our Center	Page 3
Keeping Current	Page 4-5
Center Services	Page 6
Travel	Page 7
Lunch Menu and Activities	Page 8-9
Class Calendar	Page 10

SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

DIANE ATIENZA
SARAH FOSTER (acting)
Recreation Coordinators

NANCY HUGYIK
JUSTINA LINAN
Recreation Specialists

MORGAN BYLER
Recreation Leader II

ALLIE CHING
Office Aide

ELIZABETH MUSSO
Lunch Program
650-964-6586

EVENING BUILDING
ATTENDANTS
Anthony Cukar
Jose DeAnda
BJ Hathaway
Rich Stephens
Adam Turrey

WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

ELDER FRAUD: WHAT IT IS, HOW IT WORKS, AND HOW WE CAN STOP IT

Join Janet Berry, Deputy District Attorney for Santa Clara County, as she helps you to identify scams that target seniors. Learn how these scams work and how to protect yourself and your loved ones from being victimized. Also, pick up pointers on where to turn when faced with potential scammers. Everyone is welcomed to this valuable workshop!

Date: Tuesday, July 19

Time: 1:00 p.m.

SEARCHING ON THE INTERNET

Where can you see fireworks on the Fourth of July in the Bay Area? How did fireworks become an Independence Day tradition, anyway? Find answers to questions like these in seconds by joining Monica Lipscomb to learn how to use common internet search engines like Google, Bing, and Yahoo. Prerequisite: basic computer skills.

Date: Wednesday, July 20

Time: 2:30 p.m.

BACK PAIN

Backaches can be a pain in the neck. Or rather a pain in the upper back, the middle back, or the lower back. If you are one of 80% of Americans who has experienced back pain, join Dr. Sugawara, Doctor of Chiropractic, for an overview and tips on back pain prevention.



Date: Thursday, July 21

Time: 1:00 p.m.

SANTA CLARA VALLEY BLIND CENTER

For those who grapple with disabilities but still want to maintain their independence, there are resources out there. Learn how to easily find and access them! Join Irene Garnel of the Santa Clara Valley Blind Center as she answers your questions about available services for those who are or may become visually impaired as well as for anyone with any other disabilities.

Date: Thursday, July 28

Time: 1:00 p.m.

The Senior Center will be Closed

Monday, July 4

Independence Day Holiday

City of Mountain View, CSD, Recreation Division
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov

MOVIES, MOVIES, MOVIES!

Come to one of our triple showings!

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



ROBIN HOOD: June 28, June 29, and July 1

RATED: PG-13

LENGTH: 156 Minutes

DESCRIPTION: Russell Crowe stars as Robin Longstride in director Ridley Scott's big-budget twist on the celebrated legend. When soldier Robin happens upon the dying Robert of Loxley, he promises to return the man's sword to his family in Nottingham. There, he assumes Robert's identity, romances his widow Marion (Cate Blanchett), and draws the ire of the town's sheriff (Matthew Macfadyen) and King John's henchman, Godfrey (Mark Strong).



THE BACK-UP PLAN July 5, July 6, and July 8

RATED: PG-13

LENGTH: 104 Minutes

DESCRIPTION: When Zoe (Jennifer Lopez) tires of looking for Mr. Right, she decides to have a baby on her own. But on the day she's artificially inseminated, she meets Stan (Alex O'Loughlin), who seems to be just who she's been searching for all her life. Now, Zoe has to figure out how to make her two life's dreams fit with each other. Alan Poul directs this hilarious, heartfelt tale of confusion, confession and romantic slapstick.



LOTTERY TICKET: July 12, July 13, and July 15

RATED: PG-13

LENGTH: 99 Minutes

DESCRIPTION: Kevin Carson (Bow Wow), a young man living in the projects, dreams of having his life changed by winning the lottery -- as do all his neighbors -- but when Kevin finally hits it big, he must keep his good luck secret until he can claim the prize. Thrilled to be in possession of the \$370 million ticket, Kevin endeavors to keep his scheming and sometimes hostile neighbors at bay in this uproarious comedy co-starring Ice Cube.



LEGEND OF THE GUARDIANS-THE OWLS OF GA'HOOLE: July 19, July 20, and July 22

RATED: PG

LENGTH: 97 Minutes

DESCRIPTION: Kathryn Lasky's popular children's books are the inspiration for this captivating animated feature about Soren, a barn owl kidnapped from his peaceful forest home. His abductors bring him to an orphanage, where he must train to become a soldier. Despite the toil and hardships, Soren makes friends, and together the young birds attempt to escape. Zack Snyder (The Watchmen, 300) directs this epic adventure.



RED: July 26, July 27, and July 29

RATED: PG-13

LENGTH: 111 Minutes

DESCRIPTION: After trading in his past as a black-ops CIA operative for a new identity, Frank Moses (Bruce Willis) is basking in normality. He's forced to return to old habits when an assassin puts a target on his back and goes after the woman (Mary-Louise Parker) he loves. Helen Mirren and John Malkovich co-star as former members of Frank's team who reluctantly reassemble to save his life in this Golden Globe-nominated action-comedy.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, July 18, at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

B I G B I N G O

- There will be no Big Bingo in July due to the Independence Day holiday.

COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help: Mondays (Judy), Tuesdays (Pennie), and Wednesdays (Shasa) from 1:00 p.m. to 3:00 p.m. Also, come on Thursdays (Pat) and Fridays (Saiyun) from 1:30 p.m. to 3:30 p.m. Come to the lab and ask questions, it is that easy!

DONATIONS, DONATIONS, DONATIONS



The Senior Center accepts a variety of donations, including:

- Old eyeglasses • Magazines • DVDs •
- Paperback books •

FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. Small items only please!

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!



SENIOR CENTER - Book club will break for summer and resume in September. Still in town? Settle in for some armchair adventures by checking out classic travel literature, available at your local library. Try "Travels with Charley" by John Steinbeck, "In a Sunburned Country" by Bill Bryson, and "A Moveable Feast" by Ernest Hemingway.

EXERCISE ROOM ETIQUETTE

Please follow these rules when using the exercise room to ensure that that our Senior Center remains a safe and comfortable place for all.



AN EXERCISE CARD is required before exercise. See front desk.

KEEP your card with you at ALL times. If you don't have your card, you will be asked to leave.

WRITE your name and start time on the board.

WINDOWS must remain closed in this room.

CELL PHONES are not allowed in this room.



EXERCISE ATTIRE is required. Do not wear open-toed shoes.

WIPE down the machines when you are finished exercising.

30 MINUTES is the limit when others are waiting.

ROOM CLOSED at 8:45 p.m. on Mondays, Tuesdays, and Wednesdays.



ROOM CLOSED at 4:45 p.m. on Thursdays and Fridays.

TELEVISION use is at the discretion of staff.

CONSULT your doctor before starting any exercise program.

REMEMBER, you are never too old to exercise!





SENIOR MODELS

Milan, Paris, New York, Mountain View. What do these cities have in common? Well, a taste for fashion of course! And the Mountain View Senior Center wants YOU to model clothing and accessories from Chico's in this year's fashion show on Friday, August 26, 2011 from 10:30 a.m. to 11:30 a.m. Everyone is welcome – the only requirement for participation is attitude! Call the Mountain View Senior Center or sign up at the front desk to be a volunteer model. Fittings are tentatively scheduled for the second week of August at the store. There are limited spots, so sign up early!



10TH ANNUAL FASHION SHOW

The Fashion Show, a Senior Center favorite, is celebrating its tenth year and simply grows better with age! Join us on Friday, August 26, 2011 at 10:30 a.m. for a morning of fine fashion, hosted by Chico's of Los Altos. Your fellow seniors will be modeling Chico's beautiful outfits and accessories as you enjoy the show and free refreshments.

Everyone present will receive a free raffle ticket and the chance to win fabulous prizes. This event is free and open to all.

The Knitting & Crocheting Club is seeking donations of yarn for their projects. This club creates items for donation to the homeless and charitable organizations. Please drop off any yarn you can spare at the front desk.

Thank you!

SUMMER

Celebrate the birth of our great nation with a patriotic picnic! Join us in the Rengstorff Park picnic area on **Thursday, July 7 at 12:00 p.m.** There will be lemonade, crisp green salad, baked beans, juicy watermelon, velvety ice cream treats, polish sausage dogs*, challenging trivia questions (see next page for a teaser), and fun raffle prizes. Whew! Bring your family and friends: everyone will have a blast. Tickets are sold at the front desk for \$4 in advance, or \$6 on July 7. The free raffle ticket is included with your picnic ticket!

Last year's picnic sold out, so get your ticket soon!

*Vegetarian option available upon **ADVANCED** request (no later than July 5).

A CALL TO (THE) ARTS

Attention anyone with a knack for creative expression! The Senior Center will showcase individual works in the display case this September. Show us your inner Picasso, Rodin or DaVinci! We will try to accommodate as much art as possible, but space is limited and submissions will be accepted as long as space is available. Pick up the guidelines and entry form, available at the front desk.

VOLUNTEER CORNER

MAY 2011

Brown Bag	240
Lunch Program	266
Receptionists	169
Social Services	73
Teaching	240
Total	988 hours!!

PICNIC

Patriotic Puzzlers

How well do you know the U.S. of A.? Test your knowledge at this year's summer picnic to gain bragging rights and the chance to win prizes!

She was the last First Lady to keep a family cow at the White House.

- A. Martha Washington
- B. Bess Truman
- C. Helen Taft
- D. Florence Harding

For the answer, see the back page.

Join us on July 7 for even more trivia!

CELL PHONE HELP!!

Do you have a cell phone, but find yourself confused about its functions: checking voicemail, returning missed calls, text messaging, etc.? Join our high school tech master Raymond for a mini rundown of your cell phone. Space is limited, and you must know your cell phone brand and model to reserve a spot. Since this program was so popular last year, we are offering two dates to choose



from this summer!

WHEN: Wednesday, July 6

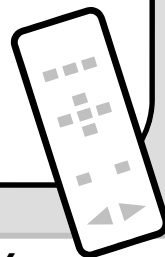
Wednesday, July 20

TIME: 9:00 a.m.—11:30 a.m.

Call 650-903-6330 to set up an appointment.

BOWLING ON THE BIG SCREEN

Want to go bowling without having to make a trip to a bowling alley? Now you can bowl on Tuesdays from 2:30 - 3:30 p.m. in the Senior Center Social Hall! The Social Hall has been turned into a virtual bowling alley, and we will bowl the afternoon away using the Wii Video Game console and remotes on the big screen! Join us, all skill levels are welcome!



SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2010) from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be: July 20, September 21, and October 19, 2011.

KEEP COOL WITH H₂O!

The warm summer sun can remind us of the importance of staying hydrated. Drinking enough water makes you feel good and can keep you going throughout the day.

Hydration Tips:

Start hydrating early in the morning.

Be aware of certain foods and beverages that promote water loss, such as coffee, tea and soft sugared beverages.

Keep a water bottle with you all day long.

Drink before you get thirsty and keep drinking even after your thirst is quenched.

Drink 1-2 cups of fluid 30 minutes before exercise.

Replenish fluids lost during exercise (approximately every 15 minutes).

Increase your water intake by consuming foods like oranges, watermelon, tomatoes and leafy green vegetables.



HEALTH SERVICES

Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**7/20/11**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the counseling room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGGLASS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**7/12/11 and 7/26/11**).

HEARING SCREENING - Visit Dr. Tang the **second Monday** of each month (**7/11/11 from 2:00 - 4:00 p.m.**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second and fourth Tuesday** of each month (**7/26/11 ONLY**).

NOTARY SERVICE - Offered the **first Thursday (7/7/11)** of each month. Appointments available from 8:30 - 10:30 a.m.

PODIATRY SCREENING - **Third Wednesday (7/20/11)** of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **1st and 3rd Thursday (7/7/11, 7/21/11)**. Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation is **\$2.50**, and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



MTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

MTA will be at the Senior Center on **Thursday, August 11** at 10:00 a.m. to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age.

Also, a limited number of discount stickers go on sale the 16th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.

CSA INFORMATION + REFERRAL

On the **third Tuesday of each month (7/19/11)** at **11:00 a.m.**, agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

AARP DRIVER SAFETY

REFRESHER COURSE - **Tuesday, August 30, 2011 from 5:30 p.m. to 10:00 p.m.** The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members.

REGULAR CLASS - The Safety Program class offered by AARP is scheduled for **November 8 and 15, 2011 from 6:00 p.m. to 10:00 p.m.** at the Senior Center. The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier.

To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted.

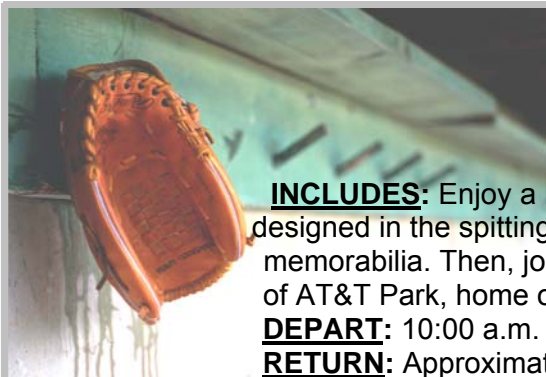
ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

NOTE: AARP may cancel course if fewer than 10 students enroll.

Mountain View Seasoned Travelers



For travel information, registration and payment:
Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and
Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.



McCOVEY'S RESTAURANT & AT&T PARK TOUR

WHEN: Thursday, July 21, 2011

COST: \$88.00 per person

INCLUDES: Enjoy a hosted lunch at McCovey's in Walnut Creek, a restaurant designed in the spitting image of San Francisco's AT&T Park, chock full of baseball memorabilia. Then, journey to San Francisco for a private behind-the-scenes tour of AT&T Park, home of the San Francisco Giants— 2010 World Series Champions!

DEPART: 10:00 a.m. from Senior Center

RETURN: Approximately 5:30 p.m.

CHUKCHANSI GOLD CASINO,

Coursegold

WHEN: Thursday, July 7, 2011

COST: \$30.00 per person

INCLUDES: Casino bonus, round trip transportation via luxury motor coach, and driver's gratuity.

DEPART: 7:30 a.m. from Senior Center

RETURN: Approximately 6:00 p.m.

RED HAWK CASINO, Shingle Springs

WHEN: Wednesday, August 3, 2011

COST: \$31.00 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Senior Center

RETURN: Approximately 6:00 p.m.

THUNDER VALLEY CASINO, Lincoln

WHEN: Tuesday, September 6, 2011

COST: \$33.00 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:00 p.m.

BLACK OAK CASINO, Tuolumne

WHEN: Wednesday, October 5, 2011

COST: \$22.00 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and casino bonus.

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:00 p.m.



If you would like to receive travel updates via email from Kanen Tours, drop off your email address at the front desk, and say it is for the Travel Program.

HORNBLOWER CRUISES AND EVENTS

WHEN: Thursday, September 15, 2011

COST: \$112.00 per person

INCLUDES: Feast on a gourmet lunch buffet as you enjoy the sights of the world famous Golden Gate Bridge, Bay Bridge, the flora and fauna of San Francisco, Angel Island, and a live narration of the history of Alcatraz, all on this San Francisco Bay waterfront cruise.

DEPART: 10:00 a.m. from Rengstorff Park

RETURN: Approximately 3:00 p.m.



TRAVEL

TRAINS OF THE COLORADO ROCKIES

September 7 - 15, 2011

Traverse the Colorado Rockies as you journey through the beauty of nature with Alpine lakes, towering peaks, and rolling meadows at every turn.

FEATURING: Denver, Rocky Mountain National Park, Georgetown Loop Railroad, Grand Junction, Colorado National Monument, Durango & Silverton Railroad, Durango Mesa Verde National Park, Royal Gorge Railroad, Colorado Springs, Pike's Peak Cog Railway

COST: Double \$2,399.00*/Single \$2,999.00*

* Price includes round-trip airfare. May not include single supplements, cancellation waiver, or insurance.

PLEASE NOTE: Trips taking place in July and August will depart from the **SENIOR CENTER PARKING LOT**, not Rengstorff Park.

Monday

Tuesday

Wednesday

NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium



5
11:45 Lunch Menu
Salmon Fillet
Brown Rice
Steamed Spinach
Minestrone Soup
Pineapple
1:00 Movie: The Back-Up Plan
2:30 Wii Bowling

6
9:00 Cell Phone Help
10:30 Line Dancing, lunch room
11:45 Lunch Menu
Chef's Choice Turkey
Whole Grain Roll
Mashed Potatoes
Black Beans, Corn & Tomato Salad
Cantaloupe
Sugar-Free Jello
12:45 Bingo, lunch room
5:30 Movie: The Back-Up Plan

11
10:30 Dancing, lunch room
11:45 Lunch Menu
Teriyaki Chicken
Brown Rice
Sautéed Asparagus
Black Bean Soup
Mandarin Oranges
2:00 Hearing Screening

12
9:15 Eyeglass Repair
11:45 Lunch Menu
Meatloaf w/ Gravy
Muffin
Seasonal Vegetables
Garlic Mashed Potatoes
Cantaloupe
1:00 Movie: Lottery Ticket
2:30 Wii Bowling

13
10:30 Line Dancing, lunch room
11:45 Lunch Menu
Linguini w/ Tuna, Peas & Bell Pepper
Spinach Salad
Banana
12:45 Bingo, lunch room
5:30 Movie: Lottery Ticket

18
10:30 Dancing, lunch room
11:45 Lunch Menu
Beef Stuffed Bell Pepper
Brown Rice
Spring Blend Vegetables
Fruit
Sugar-Free Gelatin
2:00 Newcomers' Group

19
11:00 CSA Information + Referral
11:45 Lunch Menu
Chicken Cacciatore
Pasta
Squash
Watermelon
1:00 Movie: Legend of the Guardians
1:00 Workshop: Senior Fraud
2:30 Wii Bowling

20
9:00 Cell Phone Help
10:00 Podiatry Screening
10:30 Line Dancing, lunch room
11:45 Lunch Menu
Beef Stroganoff
Wheat Dinner Roll
Chilled Broccoli Salad
Grapes
12:30 Alzheimer's Screening
12:45 Bingo, lunch room
2:00 Senior Advisory Committee
2:30 Workshop: Internet Searches
5:30 Movie: Legend of the Guardians

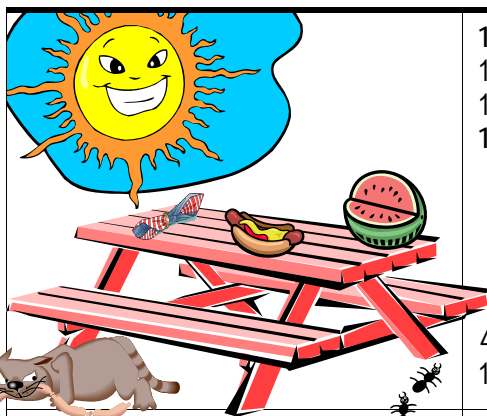
25
10:30 Dancing, lunch room
11:45 Lunch Menu
Chicken Cordon Bleu
Whole Wheat Noodles
Green Beans Provincial
Garden Salad
Mandarin Oranges

26
9:15 Eyeglass Repair
11:45 Lunch Menu
Beef Stew
Whole Grain Roll
Garden Salad
Sugar-Free Jello
Tropical Fruit
1:00 HICAP
1:00 Movie: Red
2:30 Wii Bowling

27
10:30 Line Dancing, lunch room
11:45 Lunch Menu
Baked Seasoned Fish
Brown Rice
Sautéed Broccoli
Sweet Potatoes
Fresh Fruit
12:45 Bingo, lunch room
5:30 Movie: Red

Thursday

Friday



1
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu
Szechwan Chicken
Brown Rice
Sautéed Cabbage & Carrots
Green Salad
Strawberries & Dessert
4th of July Party-Wear Patriotic Colors
1:00 Movie: Robin Hood

7
7:30 Chukchansi Gold Casino Trip
8:30 Notary Service Appointments
10:30 Bookmobile
11:45 Lunch Menu
Mandarin Orange Chicken
Brown Rice
Green Salad & Grapes
12:00 SUMMER PICNIC!
1:30 SALA Appointments

8
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu
Breaded Fish Fillet
Cornbread
Sautéed Cabbage & Carrots
Mushrooms
100% Fruit Juice
1:00 Movie: The Back-Up Plan

14
10:30 Bookmobile
11:45 Lunch Menu
Garlic Chicken
Brown Rice
Sesame Parmesan Zucchini
Potato Salad
Watermelon

15
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu
Glazed Baked Hawaiian Ham
Wheat Dinner Roll
Sautéed Broccoli & Carrots
Corn & Fresh Fruit
Celebrate July Birthdays
w/ Birthday Cake

21
10:00 McCovey's & AT&T Park Trip
10:30 Bookmobile
11:45 Lunch Menu
Salmon Stuffed Boats
Couscous
Swiss Chard
Baked Tomato & Peaches
1:00 SALA Appointments
1:00 Workshop: Back Pain

22
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu
Oven Roasted Chicken Breast w/
Mushroom Gravy
Brown Rice
California Blend Veggies
Fresh Fruit
1:00 Movie: Legend of the Guardians

28
10:30 Bookmobile
11:45 Lunch Menu
Chicken Asparagus Pecan Pasta
Caesar Salad
Cantaloupe
1:00 Workshop: Santa Clara Valley
Blind Center

29
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu
Chinese Pepper Steak
Fried Brown Rice
Brussels Sprouts /Oriental Vegetables
Cottage Cheese w/ Fruit
1:00 Movie: Red

Honey Mustard Grilled Chicken



Ready In: 35 Minutes
Servings: 4

INGREDIENTS:

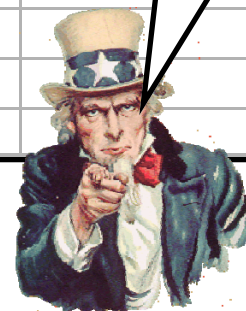
- » 1/3 cup Dijon mustard
- » 1/4 cup honey
- » 2 tablespoons mayonnaise
- » 1 teaspoon steak sauce
- » 4 skinless, boneless chicken breast halves

DIRECTIONS

1. Preheat the grill for medium heat.
2. In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat.
3. Lightly oil the grill grate. Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning!

to find out the dates for each class, as well as times, registration and other information.

Remember! This grid does NOT reflect start and end dates of classes. The tan class guide has all class information!



Are you on **facebook**?
Get to-the-minute
updates on recreation
opportunities and events
by "liking" the City of
Mountain View
Recreation Division
facebook page!

MV-LA, Mountain View Los Altos Adult Education

Three options for registration:

1. Visit MV-LA at 333 Moffett Boulevard.
2. Call **(650) 940-1333** with your credit card available.
3. Visit their website at www.mvlaae.net.

FOOTHILL COMMUNITY COLLEGE

Visit the class and the instructor will have the appropriate paperwork to fill out. If you need additional class information, you can call **(408) 864-5300**.

VOLUNTEER

These classes are free and there is no need to register. Please just attend.

IN CLASS

Register for these classes with the class instructor.

GIVE US YOUR EMAIL

If you would like to receive the *Senior Center Monthly Prime Time News Newsletter* via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!